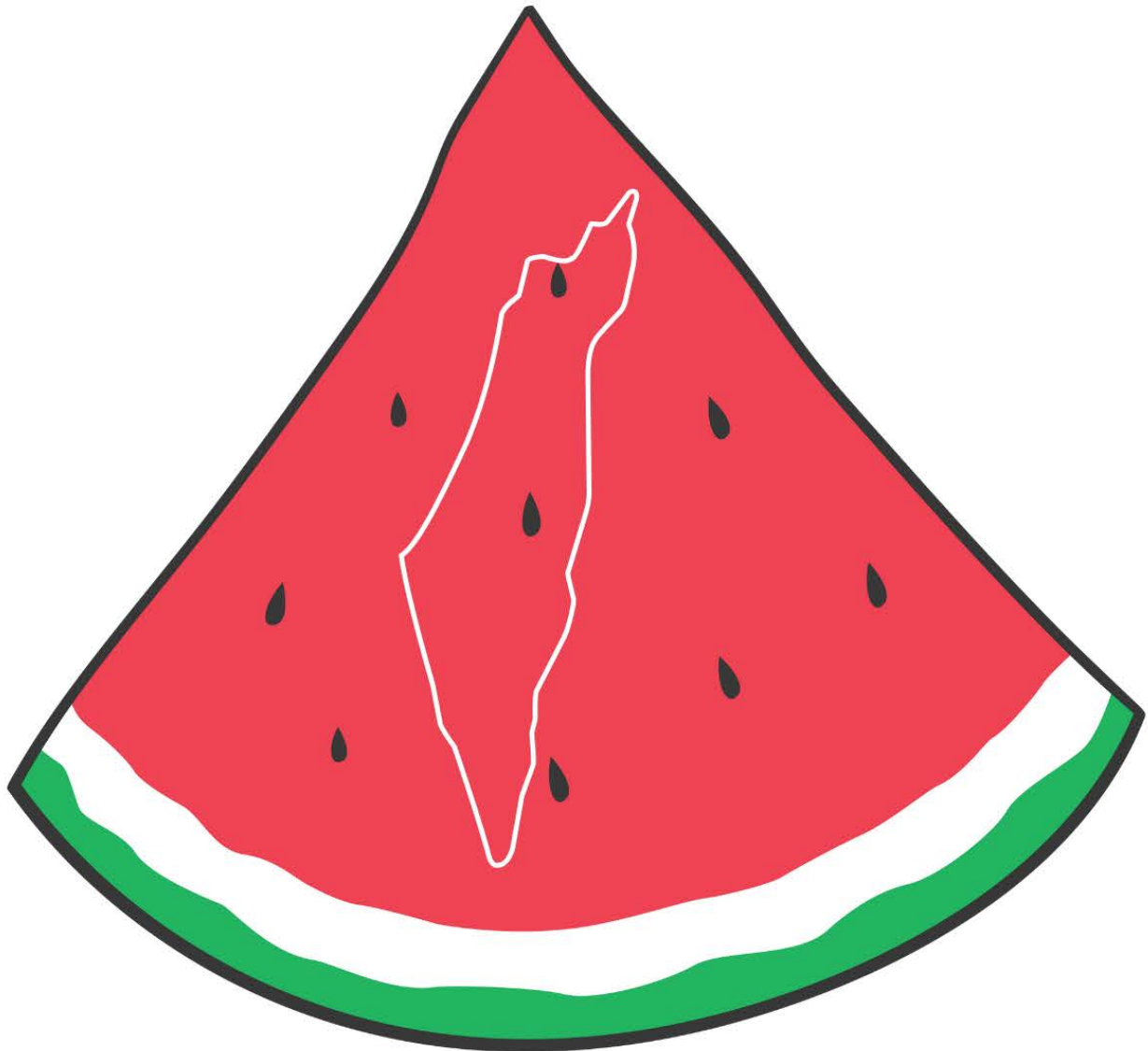


Help a family in Gaza



قاسم

HERE'S WHAT FOOD COSTS IN TODAY

🍅 **Tomato (1 kilo)**
Before: \$0.52 (2 shekels)
Now: \$10.40 (40 shekels)

🥔 **Potatoes (1 kilo)**
Before: \$0.78 (3 shekels)
Now: \$9.10 (35 shekels)

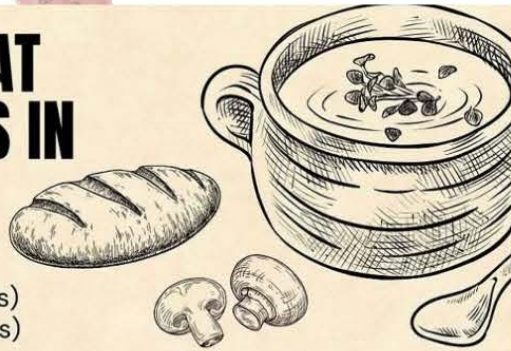
🐟 **Canned fish (1 can)**
Before: \$0.26 (1 shekel)
Now: \$1.30 (5 shekels)

🌿 **Spices**
Before: \$0.26 (1 shekel)
Now: \$0.78-\$1.30 (3-5 shekels)

🧂 **Salt (1 kilo)**
Before: \$0.26 (1 shekel)
Now: \$3.90 (15 shekels)

🌾 **Flour**
Before: \$3.90 (15 shekels)
Now: \$13-26 (50-100 shekels)

🛢️ **Cooking oil (1 bottle)**
Before: \$2.08 (8 shekels)
Now: \$5.20 (20 shekels)



@watermelonlightrelief

FOOD PRICES (CONTINUED)

🥛 **Milk (1 liter)**
Before: \$2.34 (9 shekels)
Now: \$5.20-\$6.50 (20-25 shekels)

🥚 **Eggs (per dozen)**
Before: \$2.60 (10 shekels)
Now: \$13.00 (50 shekels)

🍚 **Rice (1 kilo)**
Before: \$0.52 (2 shekels)
Now: \$5.20 (20 shekels)

☕ **Coffee**
Before: \$3.90 (15 shekels)
Now: \$10.40-\$15.60 (40-60 shekels)

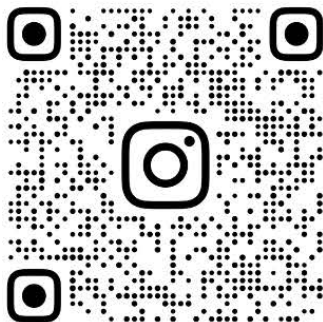
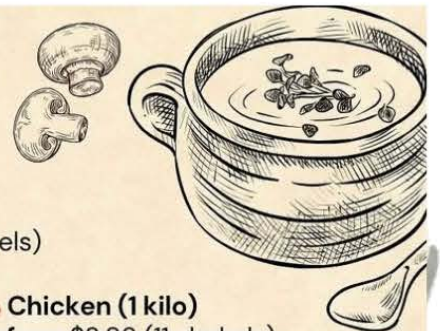
🧅 **Onions (1 kilo)**
Before: \$1.30 (5 shekels)
Now: \$7.80 (30 shekels)

🍗 **Chicken (1 kilo)**
Before: \$2.86 (11 shekels)
Now: \$13.00 (50 shekels)

🥩 **Red meat (1 kilo)**
Before: \$5.20 (20 shekels)
Now: \$15.60 (60 shekels)

🍏 **Apple (1 kilo)**
Before: \$1.30 (5 shekels)
Now: \$5.20 (20 shekels)

🥭 **Mango (1 kilo)**
Before: \$2.60 (10 shekels)
Now: \$6.50 (25 shekels)



WATERMELONLIGHTRELIEF

@watermelonlightrelief

ESSENTIAL ITEMS

🧼 Soap

Before: \$0.78 (3 shekels)
Now: \$6.50 (25 shekels)

🧴 Shampoo

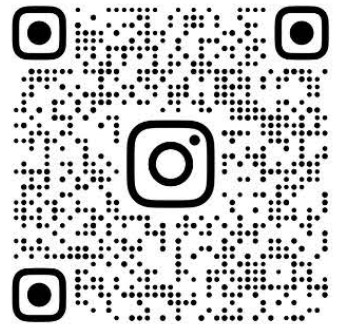
Before: \$2.34 (9 shekels)
Now: \$20.80 (80 shekels)

💧 Drinking Water (1k liters)

Before: \$2.60 (10 shekels)
Now: \$31.20 (120 shekels)



@watermelonlightrelief



WATERMELONLIGHTRELIEF

ESSENTIAL ITEMS PRICES

🦷 Toothpaste

Before: \$2.60 (10 shekels)
Now: \$5.20 (20 shekels)

🧴 Laundry detergent

Before: \$1.82 (7 shekels)
Now: \$18.20 (70 shekels)

🧻 Tissues (1 roll)

Before: \$0.26 (1 shekel)
Now: \$5.20 (20 shekels)

🌸 Feminine products

Before: \$1.56 (6 shekels)
Now: \$9.10 (35 shekels)

💊 Antibiotics

Before: \$1.30 (5 shekels)
Now: \$3.90 (15 shekel)

🔥 Firewood

Before: \$0.26 (1 shekel)
Now: \$3.90 (15 shekels)

💧 Salt Water (1k liters)

Before: \$5.20 (20 shekels)
Now: \$20.80 (80 shekels)

*used for dishwashing, showering, etc.



@watermelonlightrelief

Challenge Classes

Support Education for Children in Gaza

Miss Farah

@farah.m.srou4

While everything in Gaza turned to be grey, Farah and Tarek draw the colourful future for the kids. With minimal resources and unstable conditions, the work goes smoothly and in full swing..

“I combine education and play for children setting plays are a vital role in providing stability and comfort during difficult times. By integrating games, songs, and playful activities into lessons, I help my students temporarily escape the harsh realities of war while still learning important skills. This approach creates a sense of normalcy, allowing children to focus on their education despite the trauma surrounding them.

I create a positive learning environment for kids by listening carefully to them, encouraging them to ask questions and explore, treating all children with respect and fairness.”



Donate here!

Challenge Classes

Support Education for Children in Gaza

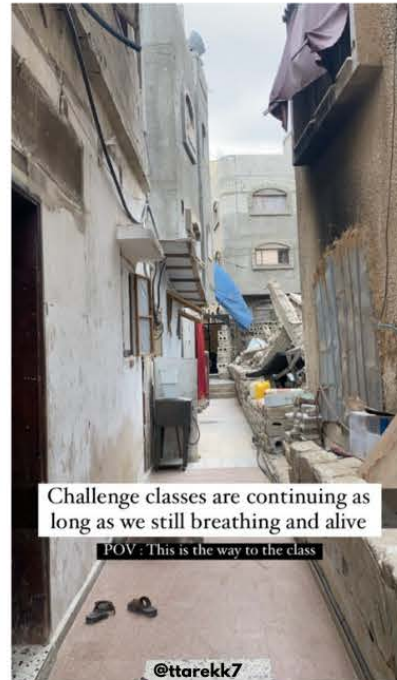


Mr Tarek
@ttarekk7

Tarek is a teaching assistant to Miss Farah. He tries to make the children feel comforted and provides small classes to give more attention to the children. He wants to allow them to feel a little of their childhood despite the harsh realities and conditions.

Standing as a testament to the power of education, the makeshift classrooms provides a place where the sound of children learning and laughing can drown the the steady hum of the drones.

Support to this campaign is crucial to provide children with supplies like notebooks, pencils, and other essentials needed for education.



“This is my first time teaching and those kids made me feel that I'm teaching for over 10 years! I really love what I do with them. I give them love and education, and they give me hope❤️”



Donate here!

Challenge Classes

Support Education for Children in Gaza

Ahmad
@aahmmadd.6



“In my role as a teacher, I work to guide children and work to support them psychologically and provide them with psychological well-being.

In my role as a teacher, I must provide protection for them in light of the difficult problems faced by the Gaza Strip during the war. [I] work to enhance their abilities and motivate them to persevere and learn despite the challenges of the circumstances.

I work in my role as a teacher in Gaza to be an inspiration and help children overcome challenges with faith in their abilities to achieve academic achievement and success despite the difficulties.”

Shams
@shams_majed7

Shams helps Farah and Tarek in challenge classes teaching young children how to write and read. She also is a recreational activities such as drawing, singing, and playing games.



Donate here!

Loai Tayseer

@loay.__.taiseer_98



Donate here!

Loai's story:

"Hello, I am Loai. On the morning of October 7, my wife and I woke up to the sounds of explosions and missiles. The smell of gunpowder filled the place. There was a lot of content in it. Then my wife and I were taken out to the west of Gaza City and we sat in a school affiliated with UNRWA. We sat there for a week or more. Then Israel came and after meeting leaflets heading south, my mother and my little brothers were in the south of the Strip. I went out to die for them so that I could know where and where they were located. I told my wife that I would return soon. Then I went by way of Salah al-Din and walked on foot for less than ten kilometers. When I was walking on the road, an explosion occurred. The displaced people were bombed. An explosion occurred on the bridge in the valley leading to southern Lebanon. He complained about 90 martyrs, including women and children. Then I went to Nusairat and stayed there for 6 months. I did not see my mother and brothers because of the communication cut off. After a while, they asked for animals from Nusairat and we were displaced under the heavy bombing. Then he went to Deir al-Balah. After a few months, my wife gave birth to a baby girl in the north of the Gaza Strip. She named her Talia. Now, my daughter is a month old and the difficulties that they require are very difficult. Very much and there are no necessities of life. I hope for your help to be able to provide for my little girl's needs and rebuild my house that was bombed by the occupation planes. Thank you and I hope that you appreciate my situation and the difficult circumstances."



Help the Al-Farra Family Evacuate Gaza

Tarek @ttarekk7



Tarek (22) was in his final year of school to receive a Bachelor's Degree in English Language and Translation in Gaza. Three years into his education, it came to an abrupt halt after the 7th of October in 2023.

Not only did Tarek lose his right to education, but like many other Palestinians, he had lost his home, family workplace, pets, and everything they knew. Due to the ongoing genocide and lack of resources, Tarek and his family are now living in a tent under harsh conditions while prices for basic needs continue to skyrocket.

In their final attempt, Tarek and his family hope to evacuate Gaza and get and get a normal life. Tarek hopes to achieve his dream of completing his studies and revive the life of his family.



Donate here!



Help the Al-Farra Family Evacuate Gaza



Donate here!

Fares

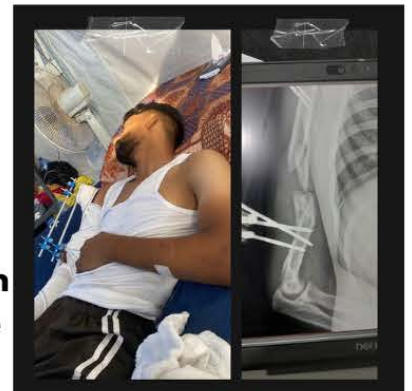
@faress_2005

On July 22, Fares woke up to the sound of the 6 story building across from them being targeted by the IOF. Tarek and Fares started carrying the injured and martyred to transport them to the hospital.

After they finished transporting the injured and the martyrs, Abu Hassan, the owner of the targeted house and a close friend of theirs, asked Fares to help him transport his belongings that were on the second floor of the house. While helping their friend, the homes to both the right and left of the house were bombed. In that moment, Abu Hassan was martyred immediately; Fares was injured, and Tarek managed to escape the targeting.



Fares suffered a compound fracture in his right hand, his right knee and an injury to his middle finger on his right hand due to shrapnel from the missile. The cuts in his tendons on his finger, caused it to become completely immobile. So far, Fares has undergone five operations on his right hand due to the fracture and in all of the operations the bone didn't successfully heal.



While recovering, he urgently needs nutritional food and medication to aid his recovery. Prices are skyrocketing due to the due blockade in Gaza, as well as aid packages being stolen and resold at higher prices. In addition to Tarek and Fares, they also have their Mother, Father, Sister and other brother that they are with.



“If there's anything I'd like people to know, it's that every step in this journey has taught me the value of resilience and patience. What happened on July 22 changed my life in an instant, but it also revealed strength I didn't know I had, and reminded me of the power of support from those around me. I would want others who are going through hard times to know that even in the darkest moments, hope can be found—sometimes in the smallest things, like a kind word, or just making it through one more day.”

Mohammed

@mohammad_ayman2002



“My name is Mohammed, and my family and I are living through the unimaginable. We are 10 people, including my son, young children, and elderly parents, trapped in the north of Gaza, where food is scarce, and our home was destroyed by bombing. The siege has cut us off from help, and we are dying of hunger, with winter approaching fast.

I am injured, and my father, who is 53 years old, has not worked in a long time due to his age and health. My family is full of promise—we have three women and a young man who were studying before the war. But now, they cannot find any job opportunities. I was studying how to maintain refrigerators and washing machines, but with the situation as it is, there is no work available.

We have three children, aged 7, 9, and 10, who desperately need food, clothes, and warmth. Among us, there are sick people who need urgent care. Every day, we wonder how we will survive, as even basic necessities like clean water and food are out of reach. The north of Gaza is a place of devastation and hunger, and the prices of food are skyrocketing, leaving us to starve.”

“This campaign is our plea for help to survive the coming months. The funds raised will go towards providing our family with:

**Immediate food supplies
Clean drinking water
Essential clothing, especially for the children and women
Medication for the sick members of our family
Basic hygiene essentials**

Please help us survive this devastating situation. Your support, no matter how small, will mean the difference between life and death for my family. We are holding onto hope, but we cannot do it alone.

Thank you for your kindness and generosity.”



Donate here!

Deeb Al-Zaza

@x.deeb.zaza



“Hello, my name is Deeb Al-Zaza... I am a Palestinian living in Gaza City, in northern Gaza specifically: My city was destroyed, my house was destroyed, my business project was destroyed, and I lost a member of my family, who is my older brother, and I could not even say goodbye to him or see him because of his distance from me because I live in northern Gaza and they live, because of their displacement in southern Gaza, in displacement camps.

I have many relatives, and I lost many friends, and I was afflicted by this war of extermination. More than 380 days of war have passed, and I have been away from my family since the first day of the war because they were forced to move to southern Gaza and live in displacement camps... Everything is gone. You can see that I documented these atrocities on my Instagram account. We all feel helpless as we watch the tragic events taking place in our city, despite all that has been lost... Despite waiting helplessly for this genocide to end... I am continuing to raise funds to help me and my people in these difficult times and I humbly ask you to help me feed and shelter my family and all the homeless and helpless people around me. The weather here is getting worse, and my family is living in the open, with a lack of clothes and blankets. We are exhausted, dehydrated, hungry, and cold. We are facing a severe humanitarian crisis. I urgently need your support to help raise funds to rebuild my home and collect humanitarian aid to obtain food, drink, medical aid and shelter tents. Your support means more than just financial assistance, it is a gesture of solidarity and compassion for humanity. Our hearts bleed for our country and the least we can do is pray Supplication, prayer and donation. Our people need us now more than ever!

Please donate and spread this everywhere and may God reward you Everyone With gratitude, Deep Al Zaza ❤️”



Donate Here!



Help Mohand and his family from North Gaza

@mohand.anwar1

“I am Muhannad Anwar. I am 17 years old. My family consists of 5 people. I lost my school and my entire life. We are living in a genocidal war, living in the north of Gaza and unable to provide the basics of food, drink and clothing. Please my friend, donate to me through the link if you are able to and share it to reach more people. You are my only hope. You can help me with a small donation to save my family. Thank you for your understanding.”



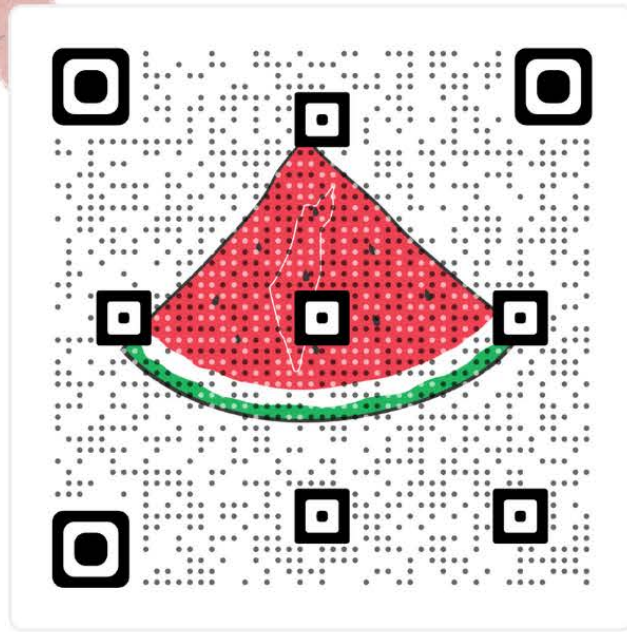
Donate Here!

Before



After





**Scan the QR Code for a digital copy of the zine.
Share digitally or print out yourself and
distribute to your local community.
Free Palestine.**



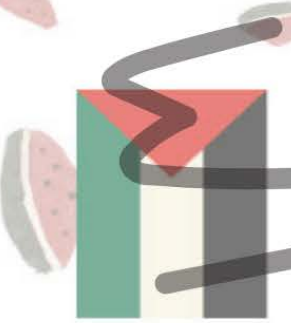
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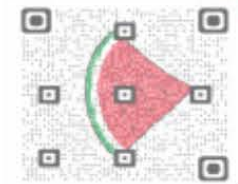
WITH PALESTINE

STANZ

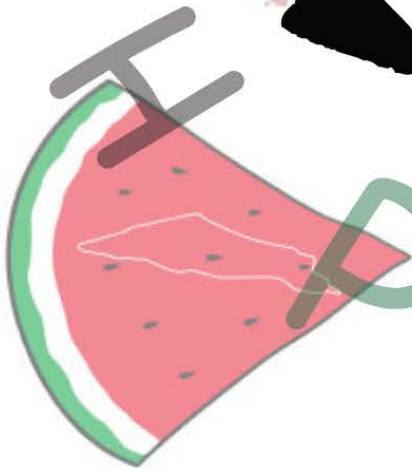
I am Muslim and Amman, I am 17 years old. My family consists of 5 people. I lost my school and my entire life. We are living in a genocide war, living in the north of Gaza and unable to provide the basics of food, drink and clothing. Please my friend, donate to me. I will be very link if you are able to and share it to reach more people. You are my only hope. You can help me with a small donation to save my family. Thank you for your understanding."



Scan the QR Code for a digital copy of the zine.
Share digitally or print out yourself and
distribute to your local community.
Free Polistone.



Help a family in Gaza



"My name is Mohammed, and my family and I are living through the unimaginable. We are 10 people, including my son, young children, and elderly parents, trapped in the north of Gaza, where food is scarce, and our home was destroyed by bombing. The siege has cut us off from help, and we are dying of hunger, with winter approaching fast."

I am injured, and my father, who is 53 years old, has not worked in a long time due to his age and health. My family is full of promise—we have three women and a young man who were studying before the war. But now, they cannot find any job opportunities. I was studying how to maintain refrigerators and washing machines, but with the situation as it is, there is no work available.

We have three children, ages 7, 9, and 10, who desperately need food, clothes, and warmth. Among us, there are sick people who need urgent care. Every day, we wonder how we will survive, as even basic necessities like clean water and food are out of reach. The north of Gaza is a place of devastation and hunger, and the



Donate here!



References

gratitude, Deep Al Zaan ♥



made me feel
that I'm teaching
for over 10 years!
I really love what
I do with them. I
give them love
and education,
and they give me

"This is my first time teaching and those kids



Challenge Classes

Challenge Classes

children and work to support them psychologically and provide them with psychological well-being.

the challenges of the environment.

importance and help children overcome challenges with math. It is a reflection of national achievement and good lessons despite the difficulties."

Shams
@shams_majed7

she keeps close to her young chicks
how to write and read. She also is a
recreational reader such as drawing,
singing, and playing guitar.



carefully to them, encouraging them to ask questions and explore, instead of trying to give them the correct answer.

Yorkshire advanced play for children with play as a vital role in providing stability and comfort during difficult times. By using a range of games, songs, and play activities to soothe their young children temporarily, except the local condition of war, which they were observing in the streets, the approach creates a sense of normalcy, allowing children to focus on their education despite the trauma surrounding them.

Mr Tarek

Look
@loay

Learn more today!

On the morning of October 7, my wife and I went up to the town and markets. The smell of garbage still filled the place, contrasted to the clean, dry air and warm blanket to the west. I was in a school affiliated with UNRWA. We met there for a second course and after meeting local teachers and students, my wife and I went to the south of the Strip. I want to be able to describe where and where they were located. I found my way to the town. Then I went to the market.

occurred on the bridge in the valley leading to northern Lebanon. He accompanied about 90 martyrs, including women and children. Then I went to Majdal and stayed there for 6 months. I did not see my mother and

difficult. Very much and there are no necessities of life. I hope for your help to be able to provide for my little girl's needs and rebuild my house that was destroyed by the occupation platoon. Thank you and I hope that you appreciate my situation and the difficult circumstances.

Help the Al-Farra Family

Evacuate Gaza

rek
@t
rek7

SCAN FOR PRINTABLE PDF

Torres (22) was in his final year of school to receive a Bachelor's Degree in English Language and Translation in Goxa. Three years into his education, it came to an abrupt halt after the 7th of October in 2023.

Not only did Tarek lose his right to education but like many other Palestinians, he had lost his home, family workplace, pets, and everything they knew. Due to the ongoing genocide and lack of resources, Tarek and his family are now living in a tent under harsh conditions while prices for basic needs continue to skyrocket.

In their final attempt, Tarek and his family hope to evict the Gazas and get on with a normal life. Tarek hopes to achieve his dream of completing his studies and revive the life of his family.

ESSENTIAL ITEMS PRICES



10

[illegible]

| Item | Price |
|----------------------------|----------|
| Chicken (1 lb) | \$2.99 |
| Beef (1 lb) | \$3.99 |
| Pork (1 lb) | \$2.99 |
| Ground Beef (1 lb) | \$2.99 |
| Ground Pork (1 lb) | \$2.99 |
| Ground Turkey (1 lb) | \$2.99 |
| Ground Chicken (1 lb) | \$2.99 |
| Ground Lamb (1 lb) | \$2.99 |
| Ground Veal (1 lb) | \$2.99 |
| Ground Rabbit (1 lb) | \$2.99 |
| Ground Squirrel (1 lb) | \$2.99 |
| Ground Mink (1 lb) | \$2.99 |
| Ground Otter (1 lb) | \$2.99 |
| Ground Skunk (1 lb) | \$2.99 |
| Ground Weasel (1 lb) | \$2.99 |
| Ground Badger (1 lb) | \$2.99 |
| Ground Possum (1 lb) | \$2.99 |
| Ground Armadillo (1 lb) | \$2.99 |
| Ground Raccoon (1 lb) | \$2.99 |
| Ground Coon (1 lb) | \$2.99 |
| Ground Fox (1 lb) | \$2.99 |
| Ground Wolf (1 lb) | \$2.99 |
| Ground Dog (1 lb) | \$2.99 |
| Ground Cat (1 lb) | \$2.99 |
| Ground Mouse (1 lb) | \$2.99 |
| Ground Rat (1 lb) | \$2.99 |
| Ground Snake (1 lb) | \$2.99 |
| Ground Lizard (1 lb) | \$2.99 |
| Ground Turtle (1 lb) | \$2.99 |
| Ground Frog (1 lb) | \$2.99 |
| Ground Toad (1 lb) | \$2.99 |
| Ground Salamander (1 lb) | \$2.99 |
| Ground Insect (1 lb) | \$2.99 |
| Ground Spider (1 lb) | \$2.99 |
| Ground Scorpion (1 lb) | \$2.99 |
| Ground Centipede (1 lb) | \$2.99 |
| Ground Millipede (1 lb) | \$2.99 |
| Ground Mite (1 lb) | \$2.99 |
| Ground Flea (1 lb) | \$2.99 |
| Ground Tick (1 lb) | \$2.99 |
| Ground Worm (1 lb) | \$2.99 |
| Ground Snail (1 lb) | \$2.99 |
| Ground Slug (1 lb) | \$2.99 |
| Ground Crab (1 lb) | \$2.99 |
| Ground Shrimp (1 lb) | \$2.99 |
| Ground Lobster (1 lb) | \$2.99 |
| Ground Clam (1 lb) | \$2.99 |
| Ground Mussel (1 lb) | \$2.99 |
| Ground Scallop (1 lb) | \$2.99 |
| Ground Octopus (1 lb) | \$2.99 |
| Ground Squid (1 lb) | \$2.99 |
| Ground Jellyfish (1 lb) | \$2.99 |
| Ground Starfish (1 lb) | \$2.99 |
| Ground Sea Urchin (1 lb) | \$2.99 |
| Ground Anemone (1 lb) | \$2.99 |
| Ground Hydra (1 lb) | \$2.99 |
| Ground Cnidarian (1 lb) | \$2.99 |
| Ground Mollusk (1 lb) | \$2.99 |
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| Ground Vertebrate (1 lb) | \$2.99 |
| Ground Mammal (1 lb) | \$2.99 |
| Ground Bird (1 lb) | \$2.99</ |

[illegible]

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Help the Al-Farfa Family

Evacuate Gaza

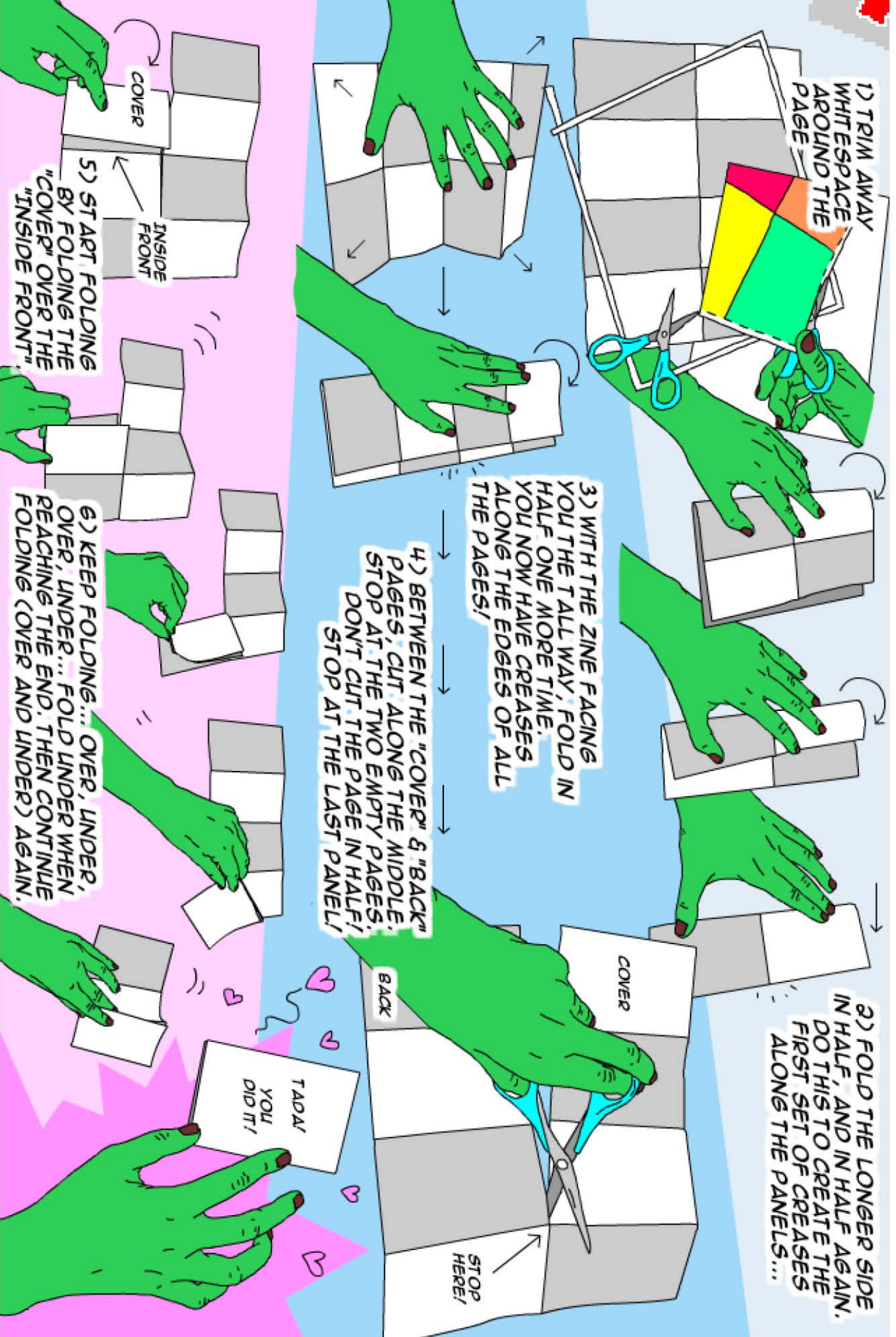
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or they finished transporting the injured and the two men, Abu Musab, the owner of the targeted house and a close friend of the accused forces to help him transport his belongings from were to the second floor of the house. While helping them find the horses to with the front and back of the house were forehead, in that aspect, Abu Musab was merely an interested party was injured, and Tarek managed to escape the targeting.

While recognizing the eerily weak mathematical level of medication to call for recovery, Prices are appreciative due to the dose blockade in Gerson, so that old medicines being stolen and resold at higher prices. In addition to French and French, they also have their Mother, Father, Sister and other brother that they are with.



It's not every day in this journey has taught me the values of resilience and gratitude. What happened on July 22 changed my life in an instant, but it also revealed strength I didn't know I had, and reminded me of the power of support from those around me. I would want others who are going through hard times to know that even in the darkest moments, hope can be found—sometimes in the smallest things, like a kind word, or just making it through one more day."



Interested in making a zine?

<https://alienmelon.itch.io/electric-zine-maker>